

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 09276, Pitanga, (surinam-cherry), raw

Report Date: October 28, 2015 23:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	90.81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	138	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	7.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	26.3	--	2.947	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	75	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	1500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Flavonoids													
Flavones													
Apigenin ^{1 4 5}	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Luteolin ^{1 4 5}	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ^{1 2 4 5}	mg	0.40	--	0	0.4	0.4	--	--	--	--	--	--	--
Myricetin ^{1 2 4 5}	mg	3.35	--	1.15	3.09	3.7	--	--	--	--	--	--	--
Quercetin ^{1 2 4 5}	mg	5.79	--	1.99	5.5	6.19	--	--	--	--	--	--	--

¹Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. **Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii.**, 2004 J. Food Comp. Anal. 17 pp.1-35

²Lako, J., Trenerry, V. C., Wahlqvist, M., Wattanapenpaiboon, N., Sotheeswaran, S., Premier, R. **Phytochemical flavonols, carotenoids and the antioxidant properties of a wide selection of Fijian fruit, vegetables and other readily available foods.**, 2007 Food Chemistry 101 pp.1727-1741

³Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States).**, 2000 Cancer Causes and Control 11 pp.289-298

⁴Andres-Lacueva, C., Monagas, M., Khan, N., Izquierdo-Pulido, M., Urpi-Sarda, M., Permanyer, J., and Lamuela-Raventos, R. M. **Flavanol and flavonol contents of cocoa powder products: Influence of the manufacturing process.**, 2008 J. Agric. Food Chem. 56 pp.3111-3117

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